



Jamaican Style Escovitch Fish.

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Recipe for making tasty Jamaican escovitch fish. This Caribbean fish recipe hails from Jamaica where it's cooked a little different, but I assure you that this escovitch fish will have you wanting seconds. The ideal fish to use for escovitch is the red snapper or the parrot fish, but you can also

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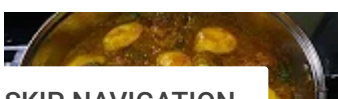
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Intl. Center for African Culture & Arts 1 second ago

Nice presentation.

👍 👎 REPLY



Travis Toh Toh 4 years ago (edited)

In Jamaica we use mainly fish seasonings (brands like Maggi OR Grace OR Island Spice which we export and are sold globally) when preparing seafood. For the sauce we only use vinegar, pimento, carrots, onions, garlic, scotch bonnet pepper (NO sugar, allspice, black pepper or salt). We dont stuff the fish when doing escovitch, only when roasting or steaming and we use okra's and callaloo (spinach is similar to callaloo). If people listen carefully they will understand that he is showing people how he cooks it for himself to suit his own taste. Its still a good video, good recipe and hes a great chef.

Show less

👍 29 👎 REPLY

Hide replies ^



christabella201 1 year ago

Travis Toh Toh yup

👍 👎 REPLY

SKIP NAVIGATION

Escoveitch is all about the SAUCE with those onions and PEPPA!!! Nooooo thyme on escoveitch.. respectfully. 😊

REPLY

A Human 7 months ago
Travis Toh Toh true

REPLY

TawnyWolf11212 3 months ago
Allspice is pimento isn't it?

REPLY

Candy Diggs 2 months ago
THANK YOU

REPLY



EMR80 2 years ago

When I used to live in Florida my Jamaica Neighbor cook this type of meal. She was very sweet Elder woman.

She notice I was interested in what she was doing. She said, keep coming around I will teach you. I learned how to plant Sugar Cane.

78 REPLY

Hide replies ^

dawnye C 1 year ago
that was sweet of her. 😊

5 REPLY



Lilly Zion Yisrael 4 years ago

Chris, you should try Himalayan pink salt in your recipies. It is 100% pure salt that has less sodium then table salt and twice the mineral content, Our ancestors have used this salt for thousands of years. You mentioned in another video that you are using less salt. Love your work and respect your craft.

23 REPLY

Hide replies ^

Rosalina Posh 1 year ago
salt cannot have less sodium , oh god.....girl really, come on!

3 REPLY

Bee Bless 3 years ago

Hide replies ^



Suchapill!!! 1 year ago

+Bee Bless

That will definitely work. I pour a half glass full of white and Apple cider mixed together and it kills the smell.

 5  [REPLY](#)



Joseth Williams 1 year ago

Bee Bless hmm ok

  [REPLY](#)



Rosalina Posh 11 months ago

this is literally a myth

  [REPLY](#)



Glooper Xi 4 months ago

Rosalina Posh it's been proven to work dude

  [REPLY](#)



Haitian Jack 5 months ago

Ate this the first time in Jamaica on Hellshire Beach. Fresh caught !

 3  [REPLY](#)



oniakara 4 years ago

you sound like a trini....i don wan no trini teach me about jamaican food anymore than i would want a jamaican to teach me about pelau

 19  [REPLY](#)

Hide replies ^



Tamara Graham 1 year ago

oniakara 😏

 1  [REPLY](#)



princessmargarette18 1 year ago

😏😏😏😏😏😏

  [REPLY](#)



Welcome's House 1 year ago

oniakara really !!

  [REPLY](#)



nubian dee66 10 months ago

The escovitch dressing is correct but you need to season the fish with black pepper,salt,fish seasoning and some put a little garlic. Don't stuff the fish it just wouldn't service no purpose. Other than that the method is correct

 2  **REPLY**

Hide replies ^



FloridaGal Mitchell 1 month ago

Exactly he didn't do no seasoning just a little salt and pepper. Need more seasoning.

  **REPLY**



Pam Bitting 2 years ago

when I visit Jamaica I always try the island favorites. it's been some of the best food I ever ate...Yum

 9  **REPLY**



nissanka007 3 years ago

you kill the fish for me when you add sugar.:(

 7  **REPLY**

Hide replies ^



My Hobby 2 years ago

nissanka007 the sugar give the veggies a better flavor, im jamaican and I always add a teaspoon of sugartry it you will love it, it also help to brin down the taste of the pepper and vinegar

 2  **REPLY**



nissanka007 2 years ago

No you will kill me because im not suppose to eat sugar. I tried it with out sugar and loved it, thank you sir:)

 1  **REPLY**



Jackie Craig 2 months ago

Brilliant the way you did your snapper I'm doing it your way for tea tonight thumbs up to you x

 2  **REPLY**



The Selina Diaries 4 years ago

I'm so glad you explained where the heat from the pepper comes from. There's a misconception that the heat come from the seeds, but the seeds are only hot when it touches that part of the pepper.



Stew 🍲 chicken 🍗 with coconut rice 🍚 and peas. 😊

👍 2 🗨️ REPLY



Destiny Lee-Davis 3 years ago

Yum! mi hungry now.

👍 7 🗨️ REPLY



Ty Brick 6 months ago

Boil cinnamon sticks while you fry to avoid the fishy smell in your house... But nice base recipe leaves room to tweek it like a lot of the best recipes do!!! Keep up the great work!!!

👍 2 🗨️ REPLY



Michelle Cooper 2 years ago

He talk like a Guyanese

👍 7 🗨️ REPLY

Hide replies ^



J E 1 month ago

He's Trini

👍 🗨️ REPLY



Cheapnista 2 years ago

man, I love your recipes THE BEST because you make everything SO easy to follow and keep it simple. and, lawd a mercy, does your stuff taste goood!!!! thank you for teaching me how to cook and how to make yummy caribbean dishes!

👍 5 🗨️ REPLY

Hide replies ^



Lyl Isaacs 1 year ago

Cheapnista

👍 🗨️ REPLY



Terrence Joseph 1 month ago (edited)

Why you didnt use gloves chris wirh the scotch bonnet pepper 🌶️

👍 1 🗨️ REPLY



Michael Gremery 1 year ago

I am Jamaica from Kingston... Not bad man. Not bad for a Yankee.

👍 3 🗨️ REPLY

I can tell that cooking is a love of yours that runs deep.
 Can you do some more seafood videos?
 I don't do many seafood dishes but would like to.
 I was working in Belize some years back. Me and a friend went fishing with a humble Mexican guide... We caught a variety of fish, nothing very big but quite a few.
 At the end of the day, before I realized how sun burned I was, our guide prepared the fish for us. He put it all in an aluminum foil pan and I believe he put mayonnaise, green and red bell pepper, onion and lime juice... I just cant remember all of the ingredients...
 He covered it and cooked it on the grill... Man was it good!!
 Do you have a fish version similar to what I described?
 Show less

 1  [REPLY](#)



Antonio Stewart 3 years ago

Do u put flour on the fish when u fry it or do u just fry it as is?

 2  [REPLY](#)

[Hide replies](#) ^



Digioia lifesLovers 3 years ago

no flour for this one

 3  [REPLY](#)



Dee B 2 years ago

One of my favorites! Thanks Chris for the great recipes! You're the best!

 2  [REPLY](#)

[Hide replies](#) ^



Erla Forde 2 months ago

What is the name of your pots, and are they non-stick.

  [REPLY](#)



Nikki 2 years ago

Looks really good.

 2  [REPLY](#)



Nancy Peters 2 years ago

Want you make Haitian black rice with
 Shrimp and sweet pea

 3  [REPLY](#)



Intl. Center for African Culture & Arts 1 second ago

vorite Haitian meal.

SKIP NAVIGATION

**Elaine Jones** 3 months ago

Love this Jamaican Escovitch fish i love see more like Bake fish with the season the recipes

 1 [REPLY](#)**Peter Binnion** 3 years ago

Great recipe. My wife is from Jamaica and we're looking forward to our escovitch snappers.

 4 [REPLY](#)**Cynthia O** 5 years ago

Not to keen on the whole frying process so I'm going to adapt this recipe and try baking fresh salmon and putting the sauce on top.

 1 [REPLY](#)**Alexa M Heying** 2 years ago

love. But fish faces make me sad.

 1 [REPLY](#)**Germaine Ranglin** 3 years ago

Really Really nice,simple and straight forward

 1 [REPLY](#)**leefongchew phatlee** 4 years ago

Show me how to make a Jamaican pattie

 2 [REPLY](#)**Kenneth Da Silva** 2 years ago

this looks interesting! I will try when I get some pimento...

 1 [REPLY](#)**verrrr1** 3 years ago

Perfume the inside of the fish? lol

 1 [REPLY](#)**Nature King** 3 years ago

Damn.....will definitely link myself with this

 1 [REPLY](#)**Ashley Hutchinson** 2 years ago

hi can i make this with talapia also

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SKIP NAVIGATION

**June Browne-Swift** 3 years ago

Hi Chris, I always wanted to know how to make Escovitch, and i finally got it, boy it's good love, love, love it. IT was a win at dinner, Thanks June.

 1 [REPLY](#)**Cheapnista** 2 years ago

can I make the sauce in the same pan I cooked the fish in if I pour off the excess oil?

 1 [REPLY](#)[View 2 replies](#) **victoria Burks** 3 years ago

Yummy !!!!!

 1 [REPLY](#)**John Doe** 1 year ago

eat this with rice or bread ???

 1 [REPLY](#)[Hide replies](#) **angel eyes** 6 months ago

John Doe bread or festival /fry dumplings

[REPLY](#)**R Renashnash** 4 months ago

John Doe
Fried bammy

[REPLY](#)**aaron charles** 4 years ago

Why no garlic ?

 1 [REPLY](#)**gentle care** 3 years ago

You talk too much just get t o c the point fish looks good though.

 1 [REPLY](#)[View reply](#)

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 3  REPLY

Hide replies ^

**John Wayne** 4 years ago

Lord of Moses ah dem ting dey I man can manage no itching ina di kitchen man fi cook woman fi cook yuth dem cook crayfish from we born so american say woman ina di kitchen but anuh so me grow that fi season overnight

 5  REPLY**Nahor Brooks** 4 years ago

Very nice

 1  REPLY**Brooklynn Saintus** 2 weeks ago

I tried it with porgy fish and it was a hit in my home. Thank you 🤓😁🙏

  REPLY**Karissa John Joseph** 9 months ago

You did not Flower it!

  REPLY**A R Harleston** 6 months ago

Can vinegar and sugar be replaced with apple cider vinegar because its a little sweet and not so tangy?

  REPLY**F S** 1 month ago

look so delicious and tasty. It reminds me my fam in puerto rico. Thank you for the video.

  REPLY**Sandy Douglas** 8 months ago

Go visit Jollys on Fort Augusta Road for the best escovitch fish

  REPLY**J K** 10 months ago

Hi there, was wondering if heating up the vegetables in the tablespoon of fish oil and spices before adding the vinegar would make more sense? Or is it just not done that way in Jamaica for a reason?

  REPLY



Marquies Miles 3 years ago

You don't have to store the sauce in the refrigerator. Once you make the sauce with the vegetables you don't over cooked them. If you par cooked them you could stored it in a pickle bottle for months. Thats how we do it coming from a born Jamaican. We do it that way when we eat everything same time.

  [REPLY](#)



Nikkie P 5 years ago

Looks really good. Thanks for the recipe. Do you know how to make the Escovitch chicken? I know its not hard because I had it before, so I was just wondering if you know?

  [REPLY](#)



Mr. Jones 4 years ago

Hey, great job..but if im not mistaken, while making the sauce you said you added salt whn earlier you said it was sugar..so if people think you added that much salt..they may screw up or or show scrutiny about your recipe being too salty... all in all great job keep it up

  [REPLY](#)



GL FH 4 years ago

What's the difference between Escoveitch and Brown Stew Fish?

  [REPLY](#)



Divinoamor 3 years ago

Thanks for teaching on cooking that red snapper. Also very very funny video on life's problem. May Jesus Bless you and your loved ones, we all be needing da Savior :)

  [REPLY](#)



Rosalina Posh 9 months ago

hello , why is it some recipes require you to dip the fish in flour b4 cooking? Does that make a difference ? Thanks

  [REPLY](#)

[View reply](#) ✓



Karen Forbes 4 years ago

Thanks for the recipe I suppose to have cooked it last Saturday, but got around to getting the red bream today. Look forward to it 😊

  [REPLY](#)

Miz Tantilizing 4 years ago

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14 REPLY

Hide replies ^

Joseth Williams 1 year ago
Miz Tantilizing yip this is true

REPLY

Princess Fraser 11 months ago
Miz Tantilizing .

REPLY

John Burke 4 years ago
Chris, thanks for the recipe. I made it but think I made a mistake. I had the fish scaled in addition to cleaned and gills removed. Should the fish not be scaled ?

REPLY

Jevaunny2 3 years ago
Man how comes you did not tell me that you had to put flour on the fish, i followed you and ma fish all burnt up man. One thing i do like the most its awesome; the cooking big up u self man

REPLY

Shortythepresident 4 years ago
Where you come from Jack?

REPLY

Janci Viegas 4 years ago
Wow! Kudos excellent Escovitch Red Snapper. Thanks

REPLY

ian harry 4 years ago
i am cooking fried fish today i will try to make that sauce normaly my from a jamaican restaurant tks for your tip .God Bless

REPLY

Dougan Isaac 3 years ago
Yes Chris yet again in in London England you made me and the girls happy,the snapper was SNAPPY LOVED IT.

REPLY

michael Delepine 4 years ago
How about garlic and butter fried fish

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4 years ago

this seems quite easy. Thanks for sharing



REPLY



Meechl 4 years ago

Great recipe! All your recipes are great. Definitely subscribing and thank you.



REPLY



Milani Michell 2 years ago

love all your recipes just amazing



REPLY



JimmyJump4xweek 4 years ago

Nice! I like escovitched king fish and mahi-mahi (dolphin fish) steaks as well as grouper.



REPLY



Paul G 4 years ago

Only if you don't mind eating scales!



REPLY



hoppa32984 4 years ago

I want to see you make jamaican oxtails



REPLY



el scientifico 3 years ago (edited)

I like the fragrant herbs on the inside. Gonna try.



REPLY



I mean I guess _ 3 years ago

I don't even like fish but your videos make me want to eat it 😊 keep up the good work 👍



REPLY



Hailene Thomas 3 years ago

Thank you Chris my husband enjoyed it.



REPLY



KING PARIS 4 years ago

Wonderful good to see how other people do it will try the spring onion and thyme next time

SKIP NAVIGATION REPLY

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do you have any reciepies for goat meat?

👍 👎 REPLY



kj sim 3 years ago

I must try this...my mouth is water in

👍 👎 REPLY



Keke1980s 2 years ago

I can always count on you Chris to show us de ting x ❤️👑

👍 👎 REPLY



juNr629 4 years ago

Just made this tonight & it came out great , Thanks Man !

👍 👎 REPLY



Arzezah Charles 3 years ago

I am going to try this dish. Thank you.

👍 👎 REPLY



Bee Bless 3 years ago

Could you do thw escovitch fish, but filet..... I don't like bones in my fish. Thanks Chris

👍 👎 REPLY



Hopelynj5 4 years ago

Love it!!! My style cooking.

👍 👎 REPLY



Barbara Bam 3 years ago

I really enjoyed your cooking

👍 👎 REPLY



Winston Grant 3 years ago

How about a baked fish in cheese sauce.

👍 👎 REPLY



Lazarus Mitchell 3 years ago

I like this I will try this with a croaker

👍 👎 REPLY

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👍 🗨️ REPLY



Asian Jon 3 years ago

That fish looks so good!!!

👍 🗨️ REPLY



Lola Longg 4 years ago

I'll be trying this very soon!! Thanks for the video :)

👍 🗨️ REPLY



GOD LOVES FAITH HEALS 4 years ago (edited)

Are habañero & scotch bonnet the same pepper of different name or completely different peppers altogether? Also what is the difference between brown stew fish and escoveitch fish? Thanks for this recipe.

👍 🗨️ REPLY

Hide replies ^



Michael Walker 4 years ago

They are different from the same family. Habanero is hotter in my opinion.. But I prefer the scotch bonnet flavor. But my parents are jamaican so that why I prefer it.

👍 1 🗨️ REPLY



Kowabungaaaaaa 4 years ago

Looks goodddd, thanks

👍 🗨️ REPLY



worthyveronica91 1 year ago

my mother in law makes this and it's so addictive that I'm gonna try to make it.. this delicious sauce will go great with any Jamaican dish... yum I'm dying 😍

👍 🗨️ REPLY



Michael Yates 4 years ago

shout out to my hamilton brother!

👍 🗨️ REPLY



patricia Brooks 1 year ago

First time I had this was on a visit to Kingston Jamaica I will never forget how delicious it was. Do you have a recipe for fish tea and festival?

👍 🗨️ REPLY

SKIP NAVIGATION 4 years ago



Nicole Wulff 4 years ago

Really nice thx u Chris 😊 😊

  [REPLY](#)



June Viarruel 3 years ago

oniakara versatility rocks! Try it sometime. 🍴

  [REPLY](#)



MaViZ AnuNAKi 3 years ago

CHRIS ETZ DIVINE BAE!

  [REPLY](#)



pweedie shauna 11 months ago

Tip here u can light candle while frying it well take away the scent

  [REPLY](#)



Mandy Stoole 11 months ago

That will teach me to watch till the end. Added a whole heap of salt!

  [REPLY](#)



musicsunlight123 2 years ago (edited)

Love all your recipes. Used to just read them. Now will follow the videos. Even my mum thinks my food tastes authentic now before she used to complain everything was tasteless.

  [REPLY](#)



Jane Angelo 2 years ago

Only wish I had some Jamaican hard bread to go with but will settle with some white bagels.

  [REPLY](#)



Mivhael Charles 2 years ago

Dela vago Shut your Snout there's a word Call preference. And every jamaican dont do things the same way.

  [REPLY](#)



Judi Mcleish 4 years ago

Right on time for Easter love it

  [REPLY](#)

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**D Santiago** 4 years ago

What exactly do u mean wash the fish with lime and why do u do it?

[REPLY](#)[View reply](#) ▾**Pink Banton** 1 year ago

enjoy your cocking. wonderful recipe. thank you very much.

[REPLY](#)**pweedie shauna** 11 months ago

Really made me hungry thank u for sharing

[REPLY](#)**Felicia Cleare** 1 year agoI'm cooking this now. But my way. U did good. [#JamicianBlood](#) [REPLY](#)**MemoGrafix** 1 year ago

I am so brave with Scotch Bonnets, yes the seeds and all.

[REPLY](#)**Dare Olowofela** 4 years ago

Imma try this.

[REPLY](#)**akila shankar** 2 years ago

thanks alotfor this recipe,I was looking forward how to cook it,it turned out very nice.thanks alot chris.

[REPLY](#)**Ayana Grant** 1 year ago

Man you can cook, I tried it your way and it came out great. Thank you

[REPLY](#)**foolishbandit** 1 year ago

I tried your oxtail and it was delicious... now, I am trying this fish for dinner. :)

[REPLY](#)

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 [REPLY](#)**Lexley-ann Reid** 3 years ago

look fantastic

[REPLY](#)**Sheilla Royster** 2 years ago

Hey Chris fest Brother I used your Callaloo/Peas Rice recipes they came out great I got sooo many compliments. This recipe is great also

 1 [REPLY](#)**Nana Smith** 1 year ago

My mother made this with scotch bonnet pepper and it was so spicy I wanted to throw up and I never ate fish again

[REPLY](#)**Janice Wright** 1 year ago

great video going to try and make now, first time i saw with tyme inside and green onion

[REPLY](#)**skullmanic1** 1 year ago

wow Gloria's my aunts restaurant which started in Port Royal.

[REPLY](#)**Julie j** 4 years ago

u need bigger pan

[REPLY](#)**Maria Reid** 2 years ago

can u do a Brown stew fish video

 1 [REPLY](#)**Toni Simms** 4 years ago

i love it but can it be done without the allspice

[REPLY](#)[View reply](#) **Ms.Lee Williams** 3 years ago

Love It 🍷.

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**VICTOR ALDEN** 3 years ago

will try this

[REPLY](#)**Jane Angelo** 2 years ago

Making it just now with some trout I caught yesterday but no green pepper!! Thanks for a great tutorial!

[REPLY](#)**Reginald Campbell** 2 years ago

not jamaican style but still look good

[REPLY](#)**WilliAm Vaquedano** 1 year ago

your always cooking some hits.. much love.

[REPLY](#)**Yazmin Carrasquillo** 2 years ago

enjoying the videos will be trying out some of them ...beryl helpful and clear ..love it man

[REPLY](#)**M Crabtree** 2 years ago

Reminds me of New York, the day I used to eat fish!

[REPLY](#)**Jacqueline Demontague** 1 year ago

A great explanation on how to cook Escovitch Fish. A delicious dish.

[REPLY](#)**Chris C** 4 years ago

Yummy <3

[REPLY](#)**Hannah Oduro** 1 year ago

you are a very good cook...

[REPLY](#)**will alston** 1 year ago

im trying it right now. i will let you know how it came out

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**Sattu Singh** 1 year ago

Chris I trust when you make any thing, you do your best.

[REPLY](#)**Lorna KM** 1 year ago

Tried it today April 14/17. Love it!!

[REPLY](#)**J** 3 years ago

Nice mon :)

[REPLY](#)**danny blackhorse** 4 years ago

NICE

[REPLY](#)**Krise Singh** 2 years ago

You didn't take the fins off

[REPLY](#)**Lezlie-An Davis** 2 years ago

ok just heard 5 minutes on each side

[REPLY](#)**Lezlie-An Davis** 2 years ago

how long it takes to fry?

[REPLY](#)**Shawнна Sully** 1 year ago

Up so bad 😍😍😍😍

[REPLY](#)**Bright Mecca** 1 year ago

Great recipe. How would you suggest reheating this the next day? I heard its better the day after.

[REPLY](#)[Hide replies ^](#)**Felicia Cleare** 1 year ago

Beechie Hill just hear it up on low. I'm cooking this now. I'm Jamaican

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SKUMMANT 1 year ago

great job man

[REPLY](#)

Steven Thomas 2 years ago

I'm sooooooooo Done!! Fantastic!

[REPLY](#)

Mane Attractions Hair Weaving in Bowie Md 1 year ago

the bomb

[REPLY](#)

Claes Nordström 2 years ago

Ya man! love tha jamaican accent! love ya foodies!

[REPLY](#)[View reply](#) 

Kafiakafia 4 years ago

u fish still look raw/pink... bleh!

[REPLY](#)

George Ray 4 years ago

[REPLY](#)

A Human 7 months ago

What a misleading video! This isn't AUTHENTIC Jamaican escovitch fish. This is HIS way of cooking it

[REPLY](#)[View reply](#) 

Sunfadedlovejaded 5 years ago

I can smell it!

[REPLY](#)

Na Cia 5 years ago

Im trying to catch your accent but so hard. Where are you from are you Trinidadian, Guyanese, Vincentian? lol those are my guesses but its so hard to tell. by the way enjoyed the vid

[REPLY](#)

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 [REPLY](#)**Abs0lut3Z3r0** 5 years ago

what u mean that was salt? dude i was following along with you..come on man

[REPLY](#)**kwacou** 5 years ago

Saute the ingredients in a little oil then add vinegar.

 1 [REPLY](#)**kwacou** 5 years ago

Not bad,a Jamaican secret, I might be killed but preseason the fish with black pepper, salt and marjoram. Cut up all the ingredients and let marinade for at least 2 hrs. Brush off ingredients set aside. Fry fish in the vegetable oil but add 2 tablespoons coconut oil. Set fried fish aside to cool to room temp. Pour oil out of pan add ingredients then vinegar until onions just start to be a little soft. Then add back 2 or 3 tablespoons of the oil. Pour over fish serve room temp. St Bess style

Show less

[REPLY](#)**Joyce Mclean** 5 years ago

Chris I love all your receipes.The Escovitch fish is fab.

[REPLY](#)**MsNinjani** 5 years ago

I'm remembering Easter time while watching this video. Fish for days...

[REPLY](#)**Selecta Ras Biggs** 5 years ago

Can I use any kind of fish not jus snapper.

[REPLY](#)**tlgarza05** 5 years ago

i maybe you know, ive been looking for a mojo de ajo (garlic sauce) sauce that i once had n it was with red snapper just like you made this one. this is sauce is fantastic but i cant seem to find the recipe anywhere. its a redish orangey color..maybe you know of something. please write back. thanks.

[REPLY](#)**SRRStrictlyRealRap** 5 years ago

this is different from what you usally do, but can you make a video explaining kind of, hmmm

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 [REPLY](#)**mata manneh** 5 years ago

and can please make jamaican style brown stew source

[REPLY](#)**mata manneh** 5 years ago

woow u made it soo easy that anyone can do it literally thxxx for that :))))0

[REPLY](#)**ANGELICVSBELLVM** 5 years ago

You are cooking my favorite things I like to make in the kitchen. I made some for the first time in years and had TEARFUL memories! I'll share your recipe because I am too lazy to make a video, lol!

[REPLY](#)**Mayka Christie** 5 years ago

I will try it with the sugar ...

[REPLY](#)**Carol Brit** 5 years ago

OMG Why didnt he cut the top the top gills off....

[REPLY](#)**bevymckenzie** 5 years ago

Hi guy, can someone plz post me the recipe how to make vegetable pattie .

[REPLY](#)**perkieup1** 5 years ago

Bet your Boyfriend loved that!!!

[REPLY](#)**r_1_v_3_r** 5 years ago

I once got pepper oilz on my balls, gucci!

[REPLY](#)**ahmed alhouti** 5 years ago

And whats is the problem if he is not jamaican ???

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**ahmed alhouti** 5 years ago

I will try it its so simple thanks

[REPLY](#)**trinni0007** 5 years ago

Mannn, you need to be on the Food Network

[REPLY](#)**Devon Dwyer** 5 years ago

NOT BAD !

[REPLY](#)**Devon Dwyer** 5 years ago

Hey teach us how to make Roti!

[REPLY](#)**Devon Dwyer** 5 years ago

My yute you're not Jamaican !!!

[REPLY](#)**Lucky williams** 5 years ago

That was beautiful I wish I was in your kitchen two thumbs up keep up the good work bredren

[REPLY](#)**Kay** 5 years ago

What fish doesn't have a lot of bones? Red snapper does right?

[REPLY](#)**monieloveist** 5 years ago

MADDDDDDDDDDDDDDDDDDD Big up urself!!!

[REPLY](#)**S Darling** 5 years ago

"Fishes" is used for different species of fish ... eg: "There are many fishes in the sea". If it's the same kind or variety of fish (all snappers or all salmon), then "fish" is the accepted plural. :)

[REPLY](#)

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  REPLY**Farah Joseph** 5 years ago

i am so going to cook this for me and my boyfriend this look soooo delicious great job

 1  REPLY**MrCurtisass** 5 years ago

@ 14:33 more than one fish IS fishes..

  REPLY**tillallareoneluv** 5 years ago

Made the dish your way. Bangin' like Bangladesh !

  REPLY**ann-marie julien-joseph** 5 years ago

Yr my new tool in the kitchen my husband is anxious to get home these days its no longer boring thanks a lot and keep it up.... I'm from trinidad

  REPLY**ann-marie julien-joseph** 5 years ago

Chris I so looked forward to this video but it kept sticking

  REPLY**Tamara Nair** 5 years ago

Loved your accent you are adorable, loved your recipes! God bless! You are unique!

  REPLY**Simma Stew** 5 years ago

Because of you , Im just foaming to death right now !!! cannot wait to try this recipe !!

bless up for the tips !

  REPLY**char clercin** 5 years ago

yummy yummy lol

  REPLY

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 [REPLY](#)**JUST BLESSINGS** 5 years ago

big big up

[REPLY](#)**lashaa Wiley** 5 years ago

is there another fish you can use?

[REPLY](#)**Beautygurl** 5 years ago

He cook Caribbean meals !! should it matter which island? Us Caribbean people appreciate it .

[REPLY](#)**Beautygurl** 5 years ago

I love Jamaican food, does this taste the same as the Jamaican Escovitch Fish. I am going to follow your recipe

[REPLY](#)**Rick S** 5 years ago

I was trying to find this dish today to make for my wife but could not remember the name of the dish thanks for the tips

[REPLY](#)**Shany G** 5 years ago

he does make a lot of trini dishes, how about u watch those

[REPLY](#)**NOLAN WEBB** 5 years ago

great video i must try this soon

[REPLY](#)**djashboosounds djashboo** 5 years ago

I think you should make your nationl food ;why every thing have to be jamacan make a trini dish you here worrying about jamacan dish it have more islands;Why don't you cook a curry duck.

[REPLY](#)**fransou19** 5 years ago

well comment for me marry me i'm all over your web looking at your recipes and they

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